2022 Affiliate Hill Day
Welcome

Caren Howard
Mental Health America
Agenda

Welcome
Screening Mapping and Goals
Appropriations Process Explained
MHA FY23 Funding Asks for SAMHSA and CDC
Day of Prep and Testing
Question and Answer Session
#MHAhillday2022

If your video and/or audio are turned on, all meeting participants will be able to see and/or hear you.

This meeting is being recorded.

Questions entered in the chat will be answered during Q&A.
Overview of MHA Screening Demographics

• Over 8.8 million screeners since 2014;
  • Represent a help-seeking population for mental health conditions;
• 73% are female;
• Screeners screen more often for depression than any other condition;
• 47% identify as a racial/ethnic minority;
• 8% are international.
• In 2020, MHA results are consistent with the 2020 US Census Bureau Pulse Survey and CDC findings.
Number of People Looking for Help Increased Dramatically in 2020-2021

Total Number of Screens 2014-2021

- 500,000
- 1,000,000
- 1,500,000
- 2,000,000
- 2,500,000
- 3,000,000
Severity of Screens Remains Above Pre-Pandemic Levels

All Screens, Percent Moderate to Severe

<table>
<thead>
<tr>
<th>Month</th>
<th>2020</th>
<th>2021</th>
</tr>
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<tbody>
<tr>
<td>Jan</td>
<td>71%</td>
<td></td>
</tr>
<tr>
<td>Feb</td>
<td>72%</td>
<td></td>
</tr>
<tr>
<td>Mar</td>
<td>74%</td>
<td></td>
</tr>
<tr>
<td>Apr</td>
<td>73%</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td>72%</td>
<td></td>
</tr>
<tr>
<td>Jun</td>
<td>74%</td>
<td></td>
</tr>
<tr>
<td>Jul</td>
<td>74%</td>
<td></td>
</tr>
<tr>
<td>Aug</td>
<td>75%</td>
<td></td>
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<tr>
<td>Sep</td>
<td>76%</td>
<td></td>
</tr>
<tr>
<td>Oct</td>
<td>76%</td>
<td></td>
</tr>
<tr>
<td>Nov</td>
<td>78%</td>
<td></td>
</tr>
<tr>
<td>Dec</td>
<td>77%</td>
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Suicidal Ideation at Highest Rate Since Launch of Screening
Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day
2015-2021
Self-Harm Thoughts by Race/Ethnicity

- Asian or Pacific Islander
- Hispanic or Latino
- White (non-Hispanic)
- Other
- Black or African-American (non-Hispanic)
- More than one of the above
- Native American or American Indian
Main Concerns Are Different Across Race/Ethnicity

May-December 2020, N=1,129,790

- **Black or African American screeners** cite financial concerns at highest rate
- **Native American or American Indian screeners** report more past trauma
- **White, Hispanic or Latinx screeners** more worried about COVID-19
- **Hispanic or Latinx screeners** cite loneliness or isolation at highest rates
- **Native American or American Indian screeners** report most grief or loss

**May-December 2020, N=1,129,790**
Largest Increases in Parent/Youth, PTSD, Anxiety and Substance Use

<table>
<thead>
<tr>
<th>Screen</th>
<th>Percent Scoring At Risk 2019</th>
<th>Percent Scoring At Risk 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent</td>
<td>60.53%</td>
<td>69.70%</td>
</tr>
<tr>
<td>Youth</td>
<td>70.94%</td>
<td>77.06%</td>
</tr>
<tr>
<td>PTSD</td>
<td>84.18%</td>
<td>89.59%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>74.22%</td>
<td>78.82%</td>
</tr>
<tr>
<td>Alcohol or Substance Use</td>
<td>78.32%</td>
<td>81.55%</td>
</tr>
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</table>
Appropriations Requests

Erik Fatemi
Cornerstone Government Affairs
Why We’re Talking to Congress This Week

• The Fiscal Year 2023 (FY23) appropriations process starts now

• Soon, every member will submit a list of spending priorities to the House or Senate Appropriations Committee

• We want to be on that list!
Making Your Best Case

• Don’t feel intimidated. They want to hear from you!
• Share what you’re seeing in your district/state.
• Be precise in your asks.
• Allow space for questions, but keep focus on MHA priorities.
• Say thank you!
Asks for SAMHSA and CDC funding

Caren Howard
Mental Health America

Mary Giliberti
With That Said… Where are the $$?

- One-time COVID funding was helpful, but not sustained and did not target youth or prevention
- The MHBG is the largest flexible source of money for mental health in the states and is distributed to community behavioral organizations such as MHA affiliates
- Research shows prevention activities in childhood are effective in reducing or mitigating mental health issues later on.
- There is no dedicated home for children’s mental health federally
Know The Asks

- FY23 funding for the Community Mental Health Services Block Grant (MHBG)
- 20% set aside of funding for prevention activities in the MHBG
- FY23 funding at $25M for a new Adolescent Mental Health Coordinating Center
SUPPORT AN INCREASE TO THE COMMUNITY MENTAL HEALTH BLOCK GRANT TO MEET INCREASED MENTAL HEALTH NEEDS.
COMMIT TO A 20% SET ASIDE OF MENTAL HEALTH BLOCK GRANT FOR PREVENTION ONLY ACTIVITIES.
SUPPORT ESTABLISHING A NEW ADOLESCENT MENTAL HEALTH COORDINATING CENTER AT CDC.

Ask 3
Questions to Ask in Planning Meetings

Who will kick off intros?

Who will discuss what is happening back at home with respect to increased need for prevention and youth mental health needs?

Who will make the three strong asks – with a pause at the end for emphasis?

Who will close and reiterate the need for elected officials to support local organizations back home?

Is there a better way to break up the speaker roles?
Day of Preparation

Christopher Kush
Soapbox Consulting
CONGRATULATIONS!

STRATEGIC MAP

Participants: 49
States: 23
Meetings: 89
Republicans: 34
Democrats: 55
Independents: 0
Never talk about elections or contributions in a legislative meeting.

- Stay on message. Time is limited.
- Manage your noise and environment.
- Staff may choose to join meeting by phone (be gracious.)
- Never (ever) videotape or record these meetings.
- Follow up or they might forget.

Meetings were requested on the hour. If you have a meeting on the half hour, you will tell the staffer of the 1st meeting that you are happy to keep the meeting to 25 minutes. Staffers find this offer charming.

- Call Soapbox on another line if staff or Member is more than 10 minutes late. (Everyone else should stay in the meeting space)
The Mobile Tool

Not an App; just a website.

If you do not see your Mobile Tool Code Email (check spam filter),
Please email silwal@soapboxconsulting.com now.
Welcome to Soapbox Mobile®

Type your Mobile Code in the box below, then press the Get Schedule button.

QQ756179

GET SCHEDULE

PUSH NOTIFICATIONS

Soapbox can send you text notifications on the DAY OF THE EVENT if a meeting on your schedule changes. To take advantage of this feature, please enter your cell phone number below.

(Your schedule is always current here on the Soapbox Mobile Tool.)

Mobile Phone Number:
(509) 863-4321

SAVE SETTINGS
Main Navigation Screen

The Mobile Tool stays accurate in real-time. Please use it – meeting times often change.

(202) 362-5910

Please CALL for live assistance on day-of-event and during practice sessions.
Senate meetings may have larger delegations and alternate team leaders.

Custom schedules must use ROSTER button on SCHEDULE to see multiple teams.

YOU

Laile Fairbairn (LEADER) (laile@snowcitycafe.com)
Anchorage, AK
House Dist: AK-AL
Your Team Number: AK-01
Mobile Tool Code: YE921510

YOUR TEAM

Laile Fairbairn (LEADER) (laile@snowcitycafe.com) (AK-AL)
Stephanie Millane (SPEAKER) (stephanie@unnycove.com) (AK-AL)
Stephen Trimble (SPEAKER) (st@arcticsolarventures.com) (AK-AL)
Jeannie Val (alaskansweetthings@gmail.com) (AK-AL)
Test individual schedule note.

Your Virtual Practice Room Link:
https://us02web.zoom.us/j/87136499204?pwd=K3pBbHppYnVPY0VVeTVSRFlwREdaZz09

Your Virtual Call-In and PIN (if link not available):
Phone: (301) 715-8592 Meeting ID: 871 3649 9204 Meeting Passcode: 503866

Time: 1:30 PM (ET) (Virtual)
Meeting With: Shannon Hossinger, HLA
Additional Info: N/A

Meeting link:
https://us02web.zoom.us/j/838859042899?pwd=WFt2cHp4amZTeFoc4Uii3cW9ObGwxZz09

Meeting ID (if needed): 838 5904 2899
Call-in (if needed): (301) 715-8592 Call-in code: 717933

Committee Assignments (if avail):
[S.Fin-Full] [S.Budg-Full]

N/A
MEETING: 2:30 PM – Sen. Roy Blunt (MO-S-R) [Ldr]

With whom did you conference call?(Member/Staff/or both) If staffer, please give name

What issues did you cover in the meeting?

Did the Member (or staff) ask any questions? (Please note any questions to which HRC should respond)

Were there any commitments made by you or the Congressional office? (Please note who made them & any dates for response)

What was the tone of the meeting? Were there any particular problems, information needs or advice that would help move this Member on the issues or help in future lobbying?

Upload a photo of the meeting (optional):

Choose File  No file chosen

SUBMIT
ZOOM

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By clicking "Launch Meeting", you agree to our Terms of Service and Privacy Statement.

Launch Meeting

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Control your audio and video here.

Press here to chat/text with others
(Be careful. “To: Everyone” includes staff and Members.)

Participant names and chat interface.
PRACTICE SESSIONS

Meet with your team
Your Practice Room link is in the orange box.

If you do not see your Mobile Tool Code Email (check spam filter),
Please email
silwal@soapboxconsulting.com now.

One Link (FULL STATE DELEGATION):
Go here to organize/review your meetings.

Soapbox Live Help Desk
(202) 362-5910
Enjoy Your Day

THANK YOU

Soapbox Live Help Desk
(202) 362-5910
Contact Us

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